

MANAGE YOUR STRESS

STAY IN CONTROL

It is important that you identify your stressors and take actions to minimize their effect on you.

This 4-week Challenge helps you take control by focusing on ways to help you manage stress!

During the Challenge, keep track of these 3 healthy behaviors.

- ✓ **Exercise** – at least 30 minutes per day.
- ✓ **Sleep** – at least 7 hours per night.
- ✓ **Relax** – at least 15 minutes of time out of your day.



WHAT'S STRESSING YOU OUT?

ANYTHING AND EVERYTHING?

STRESS BUSTERS CHALLENGE

SEPTEMBER 14 – OCTOBER 9, 2015

GOAL: 55 POINTS FOR
5 HEALTHQUEST CREDITS

How the Challenge Works

- You will receive 1 point for every healthy behavior you practice each day. There's a daily opportunity of up to 3 points.
- The goal of this Challenge is to obtain 55 points in 4 weeks to earn 5 HealthQuest credits.

Track Your Activity at www.KansasHealthQuest.com - After logging in, click "Your Resources," and then hover over "Challenges."